



Winter Squash And Rice Gratin

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2 cups butternut squash peeled chopped
- ☐ 1 cup brown rice long-grain cooked
- ☐ 1.5 cups milk fat-free
- ☐ 3 tablespoons flour all-purpose
- ☐ 2 ounces fontina shredded
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1.5 teaspoons sage fresh chopped

- ☐ 3 garlic cloves minced
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground pepper white
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons garlic-and-herb seasoned breadcrumbs
- ☐ 0.3 cup shallots minced

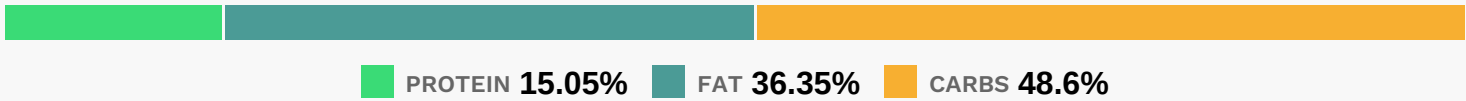
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Cook squash and shallots in butter in a large nonstick skillet over medium heat 10 minutes or until tender, stirring frequently; add garlic, and cook 30 seconds. Stir in flour, and cook 1 minute or until flour is moistened. Gradually add milk, stirring until blended.
- ☐ Add sage and next 4 ingredients; stir well. Cook 2 to 3 minutes or until thickened. Stir in rice, parsley, and cheese.
- ☐ Coat an 11- x 7-inch baking dish with cooking spray. Spoon mixture into baking dish.
- ☐ Sprinkle with breadcrumbs.
- ☐ Bake at 400 for 20 minutes or until bubbly.
- ☐ NOTE: You can spoon squash mixture evenly into 5 (8-ounce) au gratin dishes, and bake 15 minutes or until bubbly.

Nutrition Facts



Properties

Glycemic Index:75.85, Glycemic Load:4.45, Inflammation Score:-10, Nutrition Score:21.286956517593%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 212.11kcal (10.61%), Fat: 8.78g (13.5%), Saturated Fat: 5.27g (32.94%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 23.75g (8.64%), Sugar: 6.35g (7.05%), Cholesterol: 27.41mg (9.14%), Sodium: 407.86mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Vitamin A: 6601.59IU (132.03%), Copper: 1.94mg (96.79%), Vitamin K: 51.33µg (48.88%), Manganese: 0.66mg (32.95%), Calcium: 210.62mg (21.06%), Vitamin C: 17.33mg (21%), Phosphorus: 189.02mg (18.9%), Magnesium: 53.78mg (13.44%), Selenium: 9.41µg (13.44%), Vitamin B6: 0.26mg (13.24%), Vitamin B1: 0.2mg (13.07%), Potassium: 419.36mg (11.98%), Fiber: 2.65g (10.59%), Vitamin B12: 0.63µg (10.49%), Vitamin B2: 0.18mg (10.37%), Folate: 37µg (9.25%), Vitamin B3: 1.77mg (8.84%), Zinc: 1.22mg (8.16%), Vitamin B5: 0.73mg (7.35%), Iron: 1.3mg (7.21%), Vitamin E: 1.01mg (6.75%), Vitamin D: 0.88µg (5.84%)